THE PULSE

NEWS OF THE NEW ENGLAND DEACONESS HOSPITAL

VOLUME VIII, No. 6 BOSTON, MASSACHUSETTS JULY - AUGUST, 1954

Twenty Five School of Nursing Students Capped

(photo by W. C. Fisher)

Congratulations to the members of the 1957 senior class who were capped at the traditional candlelight ceremony in Joslin Auditorium on July 16th.

"There is no end to learning in the nursing field," Dr. Robert F. Oxnam, vice-president of Boston University told the group. "Use what you have already learned as a springboard."

"You must think for yourself. Too many of us let others do our thinking for us," he continued. "Take time to think, for you must never become oppressed with a sense of speed, even though everything about us seems to move so fast.

"Finally, you must appreciate people. Your profession is to help others. By giving a helping hand, your life will be fuller. Yours is a dedicated life," Dr. Oxnam concluded, "and with each patient you can show your dedication to this noble calling."

Miss Mildred B. Newton, director of the School of Nursing, capped the following girls: Ann Belcher, East Weymouth; Jean Bergfors, Malden; Judith Laura Cargill, Derby Line, Vermont; Lenore Comstock, Dudley; Nancy E. Davis, Malden; Mary L. Egner, South Ryegate, Vermont; Joan B. Ellis, East Braintree; Sandra Flanders, Pittsburg, N. H.

Jean L. Foster, Framingham; Nancy Gould, West Newbury; Ruth Elizabeth Jackson, Montclair, N. J.; Marilyn A. Lanzo, Revere; Phyllis Libby, Pembroke; Patricia McGarry, Putnam, Conn.; Jane Rosa Merrill, Fitchburg; Marjorie Morison, Wellesley.

Patricia Ann Minott, Greenfield; Nancy Pickering, Scotia, N. Y.; Francina Reyes, Nantucket; Sally Sawer, Madison, Maine; Carol Ann Sveistys, Stoneham; Ann Talbot, Springfield; Ellen A. Thompson, Portland, Maine; Marilyn Warden, Fall River; Patricia Young, Hillsboro, N. H.

UNEXPECTED RELIEF

A poor woman on her way to the City Hospital called at the door of ours by mistake, and enlisting very easily the sympathies of the nurse, it was found that she was suffering with toothache. A patient who was just about to leave was known to be a dentist, and he was asked to do a bit of charity work.

On examining the tooth he took it in his fingers, and with a dexterous motion relieved the sufferer of the offending member, greatly to her satisfaction.

This might really be called a case in our "Out Department," though as yet we have not advertised that part of our work. Only our limited room prevents its extension on all these needed lines.

Deaconess Home Journal
November - December, 1896

Dr. Overholt Receives Award

Dr. Richard H. Overholt has been awarded the College Medal, the highest honor to be conferred by the American College of Chest Surgeons. The presentation was made at their twentieth annual meeting, held in San Francisco.

Woman Of The Week

A hearty congratulation to Miss Orianna F. Harding who was recently named "Woman of the Week" by the Boston Traveler. Miss Harding, who has been an employee of the Deaconess for forty-two years, is now the Admitting Receptionist.

Dr. Warren at Cancer Congress

Dr. Shields Warren attended the Sixth International Cancer Congress, held last month in San Paulo, Brazil. He presented a paper entitled, "The Histogenesis of Lymphoid Tumors."

HONORABLE MENTION

The Deaconess Story, our Biennial Report for 1952 - 53, has received honorable mention in a national contest sponsored by Hospital Management magazine. The award will be presented to Mr. Lowry in Chicago next month at the National Meeting of the American Hospital Association.

A limited number of copies are still available in the Public Relations office on Deaconess I.

Research Award

Dr. Erland Cheyney Gjessing, CRI, has been appointed a member of the Department of Biochemistry at the University of Vermont College of Medicine. Named one of fourteen outstanding medical school teachers and researchers, he will receive $25,000 from the Lederle Laboratories division of American Cyanamid Company to support his teaching and research activities.

Attends International Conference

Mrs. Gertrude Jameson, Social Service director, attended the seventh biennial International Conference of Social Work in Toronto, Canada. Theme of the week-long assembly, attended by some 2000 delegates from 48 countries was "Promoting Social Welfare Through Self-help and Cooperative Action."

Dr. Hicks Presents Paper In England

Dr. Samuel P. Hicks recently attended the First International Neurochemical Symposium at Magdalen College, Oxford University, England. He presented a paper entitled "The Neurochemical Significance of Experimentally Induced Malformations in Mammals."

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JULY - AUGUST, 1954

NEW ENGLAND DEACONESS HOSPITAL
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Letters To The Editor

(*Letters we like to get department*)

"Dear Editor:

Just these few lines to thank you for PULSE — over all these months since I left the hospital. I read it eagerly, to learn of old friends, and the happenings at Deaconess. It is most interesting.

In the very near future, I fear, it is going to be my last link with an institution I love. Please, never take my name off your mailing list.

Again, thank you — I remain,

Very sincerely yours,
Mildred A. Olsen, R.N."

To Ladies and Gentlemen In Weighting

Ladies! Have you been looking enviously at the new bathing suits this summer? Are you a comfortable size 38 instead of a perfect size 16 of two years ago?

Men! Are you fastening your belt buckle one notch further out than you did last year? Does the lawn seem to be much larger when you have to mow it?

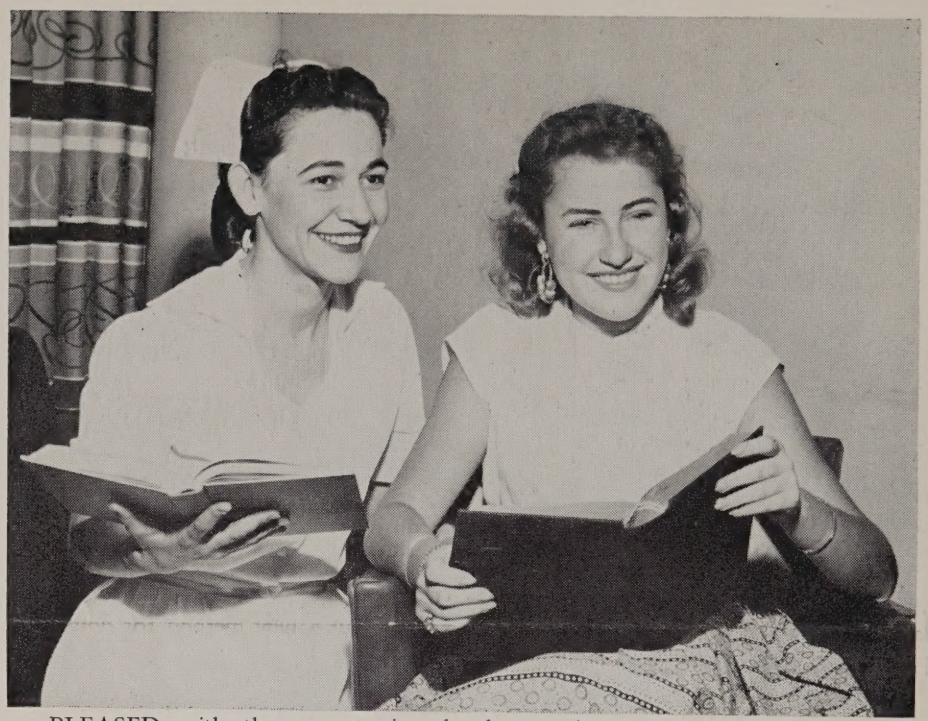
Something must have happened to bring about this change. That "something" may be the extra muffin, a few pieces of fudge, larger servings of potato, and other "extras" taken fairly regularly over a period of months. The body doesn't need the extra calories and then the weight begins to climb and the waist line gets bigger.

What can you do about it? Buy larger, more comfortable clothes? A new girdle? An electric lawnmower? Try a fad diet? No! The best thing to do is to eat a sensible diet with less calories.

For a tailor-made diet come up to the Health Center for help. Also, there are low-caloried menus posted in the lower left corner of the cafeteria bulletin board for all to use whether you need to lose 3 lbs. or 20 lbs.

Use the same scale and keep a regular record of your weight.

Start NOW to reduce sensibly if you are overweight.



PLEASED with the opportunity she has to learn English, Raquel Teresita Barrere (right) of Montevideo, Uruguay, enjoys her English lesson with hospital volunteer Olga Capriles. (photo by J. Coyne)

A HELPING HAND

Hospital ways are strange to most patients who are admitted for the first time, and many find it difficult to adapt themselves to hospital routine. But think how much more difficult it must be for one who does not speak English!

A young girl from Uruguay came recently to the Deaconess for treatment in the Joslin Clinic, and, as an ambulatory patient, she had an excellent opportunity to really get a taste of life in the United States. With the help of employees of the hospital, volunteers, and outside organizations, Raquel Barrere was able to overcome the language barriers and enjoy her visit here.

Help From Everyone

Raquel and her mother, who accompanied her to the U. S., were both overwhelmed by the many offers of assistance they had during their stay at the Deaconess. Dolores Gargaro, a Regis College student who has a part-time summer job in the Nursing Office, spent the afternoons with Raquel discussing the relative merits of life in Uruguay and life in the United States. Dolores, whose mother, Mrs. Lupe Gargaro, works in Central Supply, speaks Spanish and the girls gave each other language lessons. Mrs. Gargaro also visited the Barreres as often as possible.

One of our hospital volunteers, Olga Capriles, was very helpful in teaching Raquel enough English to get by when ordering food from the hospital menu or shopping for clothes. Olga is formerly from Venezuela and gives volunteer nursing time at the Deaconess every week. Before the Barreres left Boston, Olga took them sightseeing, shopping, and to an Esplanade Concert.

The Pan American Society offered their assistance, and sent several people to the hospital to visit the Barreres, take them sightseeing, answer their questions, and help in any way they could. The Adult Education Center helped us locate someone to teach Raquel textile painting so that she might occupy her time here by making gifts for her friends and relatives at home.

Makes Comparisons

Raquel was delighted with the "special character of New England" and thinks it is very picturesque. She was amazed at the many differences she found when comparing life here with life in Uruguay. Because she thought our shops were so much nicer and more colorful, she bought many new clothes before leaving. She was fascinated by our drug stores where "you can buy just about anything you want" and by the fruit stores where "everything is fixed up so pretty." "In our stores," she said, "the food is thrown about every which way. Here you eat with your eyes also."

Our meals confused her when she first arrived. Four meals a day is the menu in Montevideo — breakfast at 8:00; a full course dinner at noon; tea (including sandwiches, cookies, and ice cream) at 5:00; and another full course dinner at 8:00. Perhaps her observation that American girls are so thin is no longer surprising.

Raquel found that life around here is very rushed. At home, everything seems

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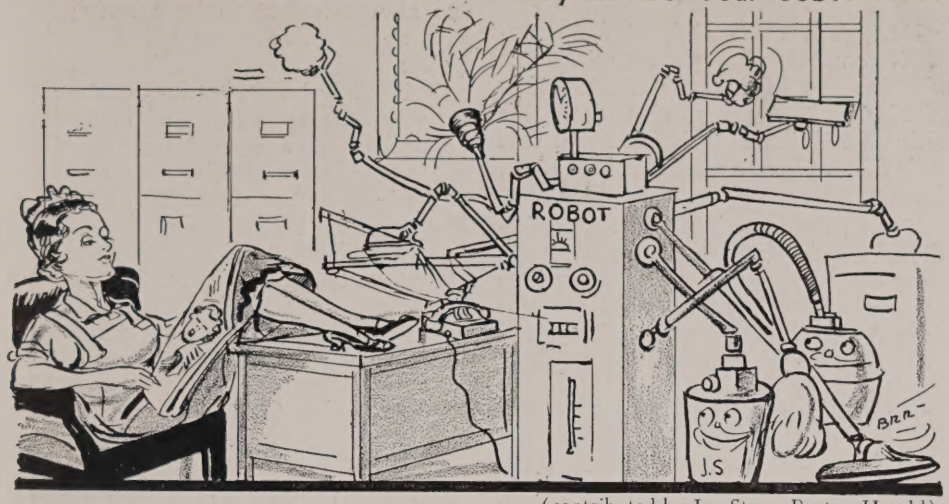
Have You Found The Easiest Way To Do Your Job?



(contributed by Joe Stern, Boston Herald)

Do you remember when we first asked you that question: That was way back last December. A lot of things have happened since then and we think it is time that we brought you up to date on what has been accomplished.

If you remember, we told you when we first began our program of work simplification that we hoped to have small groups of employees meet together once a week for several weeks to discuss their jobs, to talk over common problems and to see whether or not they could suggest ways to make their jobs easier. To date, about 160 employees have attended these weekly meetings. They have met in small groups of 12 or 15 so that each would have a chance to express his ideas and some of the ideas that have come up have been first rate.

A Startling Discovery

Perhaps the first and most startling discovery for some of us to make was that we had not, in fact, been doing our particular job in the easiest or the best way. Not that any of us had been trying to make things hard for himself. We had simply been doing the job as it has always been done and it hadn't even occurred to us that we might improve on our present method.

Once we realized that we had been blindly following a method for no reason other than it had become a habit, and once we began to really look at our jobs, it was relatively easy to make suggestions that would improve on our old method.

Works Out New Method

As an example, let's look at Catherine Grady who works in our main kitchen. Miss Grady is an employee of whom we are very proud. Just about the time that we were starting our Work Simplification program, she was starting on her twenty fourth year of service to the hospital. Miss Grady has been doing her job for a long time but that does not mean that she is unwilling to accept change if change means improvement. Working with a group of fellow employees, some of them from outside the Dietary Department, she worked out a new method for doing one part of her job — making Diabetic Mayonnaise — which meant that the walking involved was cut in half. The job had been simplified. Now it is done more easily, with less waste of time and energy.

Then there was the group who worked out an improved method for delivering fresh water to the patients. This is a job performed by the Nurses Aides and it is performed well. But there is still room for improvement, and, if we can introduce the newly developed method, once again we will have cut the walking involved in half.

Simplification in Admitting Office

Any of you who have seen and heard the commotion in the corridor of the Central building, as a new door is cut through to the Admitting Office may not recognize this as a means to work simplification. But it is. One of the initial groups to take the work simplification training course, undertook to work out a way of improving the reception of patients being admitted to the hospital. One of the difficulties seemed to be in the physical setup of the Admitting Office and the resulting distance that patients had to travel. A general discussion among the group brought forth the suggestion that a doorway, located just where the new one was cut through, would do much to improve the situation, so steps have been taken to save steps both for our patients and for the admitting office staff.

These are only a few of the suggestions that have been made. There are others that we hope to put into effect very soon and there are still more we feel sure have not yet been passed on — ideas that each of you has that would help you to get your job done more easily with less waste of time and energy. And we do want to hear about them.

The group meetings will continue and if you have not yet attended we can assure you that your turn will come. The advantage of these group meetings is that you have a chance to talk over your ideas and problems with fellow employees who may be able to help you develop these ideas into concrete suggestions.

Steering Committee For Suggestions

But suppose you already have some idea of how to improve your job and you need help in putting your idea into effect. Well, we think we can help you there too. Recently a steering committee for the work simplification program was set up. The function of this committee is to listen to all suggestions that employees may wish to make in connection with improving their jobs. If they are good and workable suggestions, then the committee will see to it that they are put into effect. If, for any reason, the suggestion is not workable, then the employee will be given a full explanation of why it cannot be used.

The members of this steering committee are: Mr. Lowry, Director; Mr. Worcester, Assistant Director; Mr. Decker, Comptroller; Miss Adams, Personnel Director; and Mrs. Stykolt, Training Supervisor. If you have a suggestion for simplifying your job, for making it easier or safer, why don't you plan to see Mrs. Stykolt in the Personnel Office? She will be glad to listen to your idea and to pass it on to the rest of the committee at their next meeting. The committee will, by the way, meet regularly every second week so you can expect prompt action on your suggestion. We hope to hear from you soon.

Heather M. Stykolt,
Training Supervisor

Help Wanted

The Public Relations Department needs people with artistic ability to help with posters and display work. Anyone interested should contact the PR office on Deaconess I.

Hospital Employee To Give Lectures

Mr. Hero M. Singh, oxygen technician at the Deaconess and a psychology student at Boston University, will lecture at Harvard University August 20 - 27 under the auspices of the American Friends Service Committee. He will act as a member of the Faculty and Resource Leader for the Institute on International Relations.

In addition, Mr. Singh will give a series of ten lectures in Providence, R. I. for the State Council of Churches. The series, to begin September 26, will deal with India and its role in the changing East. Special emphasis will be placed on the future of Christianity and the churches in southern Asia.

Continued from Page 2

slower and more relaxed. "Everything is left for manana, but manana never comes."

Thinks Deaconess is "Super"

The Barreres feel indebted to all the people in the hospital and outside who made their stay such a pleasant one. They think the Deaconess is "super" and are very grateful for the wonderful treatment that was given them — by doctors, nurses, volunteers, the administration, office workers, and the housekeeping staff. They said they will never forget the friendliness, the assistance and the co-operation they received from their new friends in the United States.

Weddings

Anna Francis Anderson, '53, to Robert H. Gabine on June 26.

Yvonne Marie Lagerquist, '49, to William Neil Paterson Crockett of Arlington.

Nancy Carey to Russell A. Smith on June 27. Miss Carey was formerly a therapeutic dietician at the Deaconess.

Martha Willis Washburn, '53, to George King Burton on June 20. Mr. Burton is attending the University of New Hampshire.

Gloria Lehtonen, '54, to Bruce Penney on August 9.

Carolyn V. Borstel, '54, to Edward F. Phillips on August 28. Mr. Phillips is a University of Maine graduate and is now with the Simonds Payson Advertising Company.

Catherine Mays, head nurse on Deaconess IV, to Rev. Robert W. Sterling on August 12. They will live in Central Square, New York.

Lena Janny Koning, recovery room nurse, to Richard Weston Young on August 21,

Paula Johnson, hospital beautician, to Bernard Pritzker on August 7.

Engagements

Barbara Joan Cree, '53, to Richard Dale Barker. Mr. Barker was graduated in June from Dartmouth College.

Ruth Elizabeth Brown, I.V. nurse, to Floyd L. Hewett, Jr., a student at Boston University. A late summer wedding is planned.

Nita Settele, '56, to Parker B. Davis, Jr., USN. Mr. Davis is serving aboard the USS Hawkins.

Jacquelyn H. Holmes, '51, to James E. Nevin, III. A graduate of Bowdoin College, Mr. Nevin is now attending Tufts Medical School. A late summer wedding is planned.

Anna L. White, purchasing agent, to George Thomas Spellissey. They will be married September 6th.

NURSING SCHOOL PREVIEW

During the week of July 18, forty prospective students were given a glimpse of what lies ahead for them at the "Preview of Nursing." As in previous years, the girls moved into Harris Hall and met their fellow classmen and members of the faculty.

Their concentrated schedule of activities included classes of instruction, tests, a complete tour of the hospital, interviews with members of the faculty and guidance counselors, physical examinations, and get-togethers with upper-classmen.

These girls will enter the school of Nursing in September knowing what to expect. They will be a little more familiar with the hospital, and they will have already made friends among their classmates.

We interviewed a number of the girls to find out why they wanted to become nurses and what they thought of "Preview." Here are some of the comments.

Rebecca Inman, Dexter, Maine — Rebecca intends to be a missionary nurse in India after graduation. She was graduated from the Bible College in Providence. She enjoyed meeting the faculty and other girls at Preview and liked them very much.

Marilyn Wheeler, Dedham — Marilyn is going into nursing because she has always liked working with people. She is now working as a nurses' aide. She thinks that Preview is a wonderful idea. She feels she knows just what she is getting into before she "puts her money on the desk."

Joanne Kemmer, Braintree — Joanne has always wanted to be a nurse; her mother trained as a nurse, but married before graduation. She thinks nursing school will be tough, but isn't so worried now, because she won't feel so new in September. Preview made her feel that she is already a part of the school.

Marjorie Porter, North Weymouth — Marjorie likes the type of work involved in nursing better than any other and has always wanted to be a nurse. She thought Preview was a very adequate preparation for September. She likes not being "green."

Alpha Credit Union

Alpha Credit Union is an organization by and for the employees of N.E.D.H. *Now* is the time to plan your savings program for Christmas, for next year's vacation, or for tax-time in April. "Savers are Havers."

Library Notes

The Patient's Library, Palmer 6, is featuring a display of its books on special subjects, one each week. Watch the Bulletin Board in Baker Basement for *Lands of Ice and Snow, Oriental Life in Fact and Fiction, United Nations and its Work,* and others.

Blessed Events

To Mr. and Mrs. Walter Quinn (nee Irene Carr, former health coordinator) a boy, Thomas, on August 2.

To Mr. and Mrs. Robert Munroe (nee Dorothea Kohl, '54) a girl, Susan, born July 26.

(photo by J. Coyne)

NURSING PRACTICE DEMONSTRATION at Preview. Left to right are Miss Rachel Fanning, Nursing Arts instructor; Marjorie Sterling, North Quincy; Judy Hayes, Arlington; and Beatrice Newcomb, Braintree.